

# LLF MEAL MENU FOR FALL 2009 / SPRING 2010

**WEEK 1 - Weeks: 11/2, 11/30, 12/28, 1/25, 2/22, 3/22, 4/19**

**WEEK 2 - Weeks: 11/9, 12/7, 1/4, 2/1, 3/1, 3/29, 4/26**

	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>		<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>
<b>BREAKFAST</b>	c4/yogurt	c4/egg	c4/egg	c4/egg	c4/yogurt	<b>BREAKFAST</b>	c4/yogurt	c4/egg		c4/egg	c4/yogurt
Fluid Milk	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	Fluid Milk	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)
Fruit/Veg.	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice	Fruit/Veg.	100% juice	100% juice	100% juice	100% juice	100% juice
Bread/Cereal	Cold Cereal	Muffins	Oatmeal Cinnamon/ Brown Sugar	Toast	Cold Cereal	Bread/Cereal	Cold Cereal	french toast sticks	mini bagels (cold cereal) cream cheese/jelly	biscuits	Cold Cereal
Extra		Margarine		Margarine/jelly		Extra		syrup		margarine/jelly	
<b>LUNCH</b>						<b>LUNCH</b>					
Fluid Milk	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	Fluid Milk	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)
Fruit/Veg.	Pear Slices (Diced Pears)	Apricots	Orange Slices (Mandarin Oranges)	Banana	Strawberries	Fruit/Veg.	mandarin oranges	Tropical Fruit	peaches	watermelon	apple slices (apple sauce)
Fruit/Veg.	Tomato/lettuc e	Peas	California Vegetables	Baby Carrots (Cooked Carrots)	Green Beans	Fruit/Veg.	broccoli	green beans	Cauliflower	corn	salad (green beans)
Meat/meat alt.	ChickenSoft Taco	Turkey cheese	spaghetti with beef tomato sauce	BBQ Riblet	Breaded Fish	Meat/meat alt.	Breaded chicken patties	white turkey	meatloaf (no beef=chicken pattie)	Pancake/ SausageStix(n o pork=chicken)	cheddar omelet
Bread/Cereal	im	Rice Casserole	(no beef=chicken)	roll (no pork=chicken)	im	Bread/Cereal	im	spaghetti	roll	im	bread french
Extra	(c4/roll)	(c4/roll)	(c4/roll)	French Dressing/BBQ Sauce	Ketchup (c4/roll)	Extra	bbq sauce (c4/roll)	(c4/roll)	gravy	syrup (c4/roll)	dressing/ ketchup
<b>SNACK</b> (any 2 of the following 4)						<b>SNACK</b> (any 2 of the following 4)					
Fluid Milk	1 % milk (whole milk)	Water	1 % milk (whole milk)	Water	1 % milk (whole milk)	Fluid Milk	1 % milk (whole milk)	Water	1 % milk (whole milk)	Water	1 % milk (whole milk)
Fruit/Veg.						Fruit/Veg.					
Bread/Cereal	Loorna Doones	Elf Grahams (graham)	Ritz Crackers	Pretzels (Wheat Crackers)	Vanilla Wafers	Bread/Cereal	cheese crakers	saltines soynut butter	giant graham fish	cereal bar	pretzel goldfish
Meat/meat alt.		Pudding		String Cheese		Meat/meat alt.				yogurt	

Changes to this menu will be posted on kitchen bulletin board

IM = Included in Meal  
( ) = Bun./Duck replacement  
C4 = Camp extra meal component

# LLF MEAL MENU FOR FALL 2009 / SPRING 2010

**WEEK 3 - Weeks: 11/16, 12/14, 1/11, 2/8, 3/8, 4/5, 5/3**

	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>
<b>BREAKFAST</b>	c4/yogurt	c4/egg	c4/egg	c4/egg	c4/yogurt
Fluid Milk	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)
Fruit/Veg.	100% juice	100% juice cinnamon bread	100% juice	100% juice	100% juice
Bread/Cereal	Cold Cereal		oatmeal Cinnamon/ Brown Sugar	waffles	Cold Cereal
Extra				syrup	

<b>LUNCH</b>					
Fluid Milk	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)
Fruit/Veg.	Pear Slices (Diced Pears)	Apricots	Orange Slices (Mandarin Oranges)	Tropical Fruit Baby Carrots (Cooked Carrots)	Banana
Fruit/Veg.	California Veg.	Peas	sliced summer squash	green beans	
Meat/meat alt.	chicken nuggets	open faced turkey sandwich	beef ravioli (no beef=chicken)	tomato, pork and rice	macaroni and cheese
Bread/Cereal	im	im	im	im	im
Extra	(c4/roll)	turkey gravy	(c4/roll)	french dressing (c4/roll)	(c4/roll)

<b>SNACK</b> (any 2 of the following 4)					
Fluid Milk	1 % milk (whole milk)	Water	1 % milk (whole milk)	Water	1 % milk (whole milk)
Fruit/Veg.					
Bread/Cereal	Loorna Doones	Elf Grahams (graham) Pudding	Ritz Crackers	Pretzels (Wheat Crackers)	Vanilla Wafers
Meat/meat alt.				String Cheese	

**WEEK 4 - Weeks: 11/23, 12/21, 1/18, 2/15, 3/15, 4/12, 5/10**

	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>
<b>BREAKFAST</b>	c4/yogurt	c4/egg	c4/egg	c4/egg	c4/yogurt
Fluid Milk	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)
Fruit/Veg.	100% juice	100% juice	100% juice	100% juice	100% juice
Bread/Cereal	Cold Cereal	muffins	croissants	toast	Cold Cereal
Extra		margarine	margarine/jelly	margarine/jelly	

<b>LUNCH</b>					
Fluid Milk	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)	1 % milk (whole milk)
Fruit/Veg.	mandarin oranges	tropical fruit	peaches	watermelon	apple slices (apple sauce)
Fruit/Veg.	broccoli	vegetarian baked beans	cauliflower	corn	salad (green beans)
Meat/meat alt.	mini chicken	turkey corndog on a stick (diced turkey)	meatballs (no beef=chicken)	pork eggroll (no pork=Chicken)	pizza cheese sticks
Bread/Cereal	bun	im	hotdog bun	im	im
Extra	bbq sauce	ketchup/mus tard	gravy/ketchup	sweet/sour sauce (c4/roll)	marinara sauce/frenc h dressing

<b>SNACK</b> (any 2 of the following 4)					
Fluid Milk	1 % milk (whole milk)	Water	1 % milk (whole milk)	Water	1 % milk (whole milk)
Fruit/Veg.					
Bread/Cereal	cheese crakers	saltines	giant graham fish	cereal bar	pretzel
Meat/meat alt.		soynut butter		yogurt	goldfish

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